



Grilled Balsamic Basil Flank Steak

Written By: Katie Goodman



TOOLS:

- [Cutting board \(1\)](#)
- [Grill \(1\)](#)
- [Knife \(1\)](#)
- [Measuring spoons \(1\)](#)
- [Mixing bowl \(1\)](#)
- [Whisk \(1\)](#)



PARTS:

- [Flank steak 1 lb \(1\)](#)
- [Sea salt \(1\)](#)
- [Freshly ground black pepper \(1\)](#)
- [olive oil 6 Tbsp \(1\)](#)
- [Balsamic vinegar 1 1 2 Tbsp \(1\)](#)
- [Red wine vinegar 1 1 2 Tbsp \(1\)](#)
- [Dijon mustard 1 1 2 Tbsp \(1\)](#)
- [Minced basil leaves packed 1 3 cup \(1\)](#)
- [Garlic 3 cloves minced \(1\)](#)
- [Freshly ground black pepper 3 4 tsp \(1\)](#)
- [Sea salt 1 2 tsp \(1\)](#)

SUMMARY

Father's Day is nearing and it's time to get a special meal ready for the dad in your life. I won't be with my dad on Father's Day, but I will be celebrating with my husband and children,

and we'll certainly be enjoying a special meal together as a family.

I always love to grill out in the backyard for Father's Day. It keeps things a little simpler, because it doesn't seem to make as many dirty dishes, while the food still tastes great and the meal feels really special. This steak goes great with artichokes and grilled potatoes as a side.

[Download Recipe PDF](#)

Step 1 — Grilled Balsamic Basil Flank Steak



- First, make the balsamic basil vinaigrette.
- Ingredients: 6 Tbsp olive oil, 1 1/2 Tbsp balsamic vinegar, 1 1/2 Tbsp red wine vinegar, 1 1/2 Tbsp Dijon mustard, 1/3 cup minced basil leaves, packed 3 cloves garlic, minced 3/4 tsp freshly ground black pepper, 1/2 tsp sea salt
- Whisk all the ingredients until well combined. Reserve 1/3 cup for serving alongside the cooked steak.

Step 2



- Place the steak in a gallon-sized zip-top bag, and pound the flank steak with a meat mallet or rolling pin until it is of even thickness throughout the whole portion.
- Season generously with salt and pepper on both sides, then let sit for about 10 minutes at room temperature.

Step 3



- Add balsamic basil vinaigrette to the bag (reserving 1/3 cup for later). Zip the bag, getting as much of the air out as possible, and rub the bag all over to distribute the vinaigrette evenly. Refrigerate for up to 24 hours.

Step 4

- Remove the steak from the refrigerator and let it sit at room temperature while you preheat your grill to medium-high heat.
- Wipe any excess herbs from the steak before grilling. Grill, turning once, until desired doneness is reached, about 5-6 minutes per side for medium-rare or 6-7 minutes per side for medium.
- Allow the steak to rest on a platter, loosely tented with foil, for 10 minutes.

Step 5



- Slice the steak across the grain into thin strips. Serve along with the remaining balsamic basil vinaigrette.

This document was last generated on 2012-11-03 05:08:05 AM.